

XC TRAINING PLAN

WEEK ONE

5-6 DAYS ON THE BIKE, 3 GYM SESSIONS

RIDE ONE

- Start smooth on the bike. Plan for a one-hour ride with three sessions of high cadence riding for four minutes (in excess of 120 RPM). Rest in between each session. The point is to be smooth, focus on the pedal stroke, and not to bounce on the saddle or get your heart rate too high. If you can't hold 120 RPM, go slower so you can be smoother—a faster cadence will come.

RIDE TWO

- Today focuses on strength on the bike. Do a one-hour ride with eight-minute sessions of ultra-low cadence—around 55 RPM. Riding on flats to a slight incline is ideal. Again, you'll want to focus on a smooth pedal stroke, while also keeping your leg muscles in tension. Remember—smooth and powerful.

RIDE THREE

- 1.5-hour ride—not hard, not easy, but you should be sweating and keeping your heart rate in the aerobic range.

REST DAY

- Take one day off of the bike. Read a book. Call your Grandma.

DAY FOUR

- Today is a race simulation, because you have to have fun. Don't go too deep into the red, and use the opportunity to ride hard and have some fun with your buddies. It's worth noting that all of these rides can be done either in the dirt or on the road.

WEEKEND RIDES

- This is your time to put in some serious saddle time. Try to get a two- to three- hour ride in each day. Not too easy, not too hard.

GYM TRAINING

THREE DAYS PER WEEK

- Do a full-body warm-up for 10 to 15 minutes—don't lift until you're sweating. Gym sessions are 40 to 60 minutes in length, and remember, don't go there to hangout and look in the mirror—it's about balancing your body.
- Two of the days are for lifting heavier weights with a max of 12 reps, and one day is for lighter weights with a max of 25 to 30 reps.

Work in groupings of four exercises, with your walk from one exercise to the next acting as your break.

GROUP ONE

- Heavy leg workout (squats, dead lift, etc.), arm/shoulder, core, and another arm/shoulder (one is a push, the other is a pull).

GROUP TWO

- Balancing/moving legs (air squats, lunges, etc.), core, arm/shoulder, and another core.

WEEK TWO

5-6 DAYS ON THE BIKE, 3 GYM SESSIONS

You shouldn't be too tired yet, but if you're sore from the weekend, move your rest day to Monday. You'll need one rest day a week, two if you are too tired to do your workouts properly. In the earlier months, pass on the race simulation and sub in a steady ride.

RIDE ONE

- Start out riding smooth, and plan for a one-hour ride with three sessions of five minutes at high cadence (in excess of 120 RPM). Rest in between each session. Remember, the point is to be smooth, so focus on the



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pedal stroke while not bouncing on the saddle or getting your heart rate too high. If you can't hold 120 RPM, go slower for the sake of being smoother—faster cadence will come.

RIDE TWO

- Today focuses on strength on the bike. Do a one-hour ride with two, ten-minute sessions of ultra-low cadence—around 55 RPM. Riding on flats to a slight incline is ideal, and again, you want to again focus on a smooth pedal stroke, while also keeping your leg muscles in tension. Remember—smooth and powerful.

RIDE THREE

- 1.5-hour ride—not too hard, not too easy. You should be sweating, while keeping your heart rate in the aerobic range. This week, add in “Stomps.”
- For Stomps, shift into your second or third largest gear on a flat surface. Make sure that your chain is set, and not binding. Roll almost to a dead stop, barely keeping moving, and with all of your might, smoothly accelerate the bike. At first, your cadence will be super slow but it will speed up as you accelerate.
- Keep your focus on applying smooth power for every pedal stroke—you'll have time to think about it since you're starting from nearly a stop.
- Accelerate for 15 seconds, shift into a normal gear, and recover. Do this four times during your ride, alternating the foot you lead with at the start of each “Stomp” session.

REST DAY

- Take one day off the bike, perhaps give crocheting a try.

DAY FOUR

- Today is a race simulation, because you have to have fun. Don't go too deep into the red, and use the

opportunity to ride hard and have some fun with your buddies. It's worth noting that all of these rides can be done either in the dirt or on the road.

WEEKEND RIDES

- This is your time to put in some serious saddle time. Try to get a two- to three- hour ride in each day. Not too easy, not too hard, and remember to have fun.

GYM TRAINING

THREE DAYS PER WEEK

Try to get heavier this week—a noticeable increase, but not too much, with the exercises repeating from the week prior.

- Like last week, start with a fully-body warm-up for 10 to 15 minutes. Break a sweat and jump into your workout. Remember, these sessions should be between 40 and 60 minutes.
- Two of the days are for lifting heavier weights with a max of 12 reps, and one day is for lighter weights with a max of 25 to 30 reps.

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WEEK THREE

5-6 DAYS ON THE BIKE, 3 GYM SESSIONS

This is the last week. You should be getting tired and looking forward to resting. Keep focused, and do the workouts properly—it will pay off.

RIDE ONE

- Start out smooth on the bike, and plan for a one-hour ride with three high cadence sessions of six to eight minutes each (in excess of 120 RPM). Rest in between each session. Remember, the point is to be smooth, so focus on the pedal stroke while not bouncing on the saddle or getting your heart rate too high. If you can't hold 120 RPM, go slower for the sake of being smoother.

RIDE TWO

- Today focuses on strength on the bike. You're going to do a one-hour ride with two, 12-minute sessions of ultra-low cadence—around 55 RPM. Like the weeks before, riding flats to a slight incline is ideal, and you'll want to again focus on a smooth pedal stroke, keeping your leg muscles in tension. Remember—smooth and powerful.

RIDE THREE

- 1.5-hour ride—not too hard, not too easy. You should be sweating, while keeping your heart rate in the aerobic range. Add in the “Stomps” from last week, performing them six times during your ride, and remembering to alternate the foot you lead with.

REST DAY

- Take a day off the bike. Try writing a letter to a friend you haven't seen in a while—everyone loves handwritten letters.

RIDE FOUR

- Race simulation because you have to have fun! Don't go too deep into the red and use the opportunity to ride hard and have some fun with your buddies/peloton... all of these rides can be done in the dirt and/or on the road.

WEEKEND RIDES

- This is your time to put in some serious saddle time. Try to get a three- to four- hour ride in each day. Not too easy, not too hard, and remember to have fun—it's almost over.

GYM TRAINING

THREE DAYS PER WEEK

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